## UNITED STATES DEPARTMENT of the INTERIOR

FISH AND WILDLIFE SERVICE Bureau of Commercial Fisheries

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FEATURE MATERIAL

FISH FOR BREAKFAST PROMOTED BY INTERIOR AGENCY

Fish for breakfast? "Why not?" asks the Department of the Interior's Bureau of Commercial Fisheries.

Most people who have had a breakfast of sizzling fish cooked over a campfire minutes after it was caught will agree they've never tasted anything better, the Bureau adds.

To carry out the fish-for-breakfast theme, the Bureau today announced publication of a new recipe booklet to help homemakers perform their culinary magic with fish, and at the same time provide the family with a hearty morning meal.

The publication, "Top O' the Mornin' With Fish and Shellfish," is available for 25 cents from the Superintendent of Documents, Washington, D. C. 20402. It is illustrated in color.

Bureau home economists developed and tested more than 20 new recipes and suggestions for serving fish and shellfish for breakfast or brunch. These include crispy fried rainbow trout, breakfast perch, lobster waffles, sesame smelt, shrimp in sour cream, and many others.

Donald L. McKernan, Bureau Director, said improved transportation and refrigeration have made fishery products a "good buy" throughout the country.

Director McKernan said:

"Nutritionists agree that one-fourth to one-third of our daily food requirement should be eaten at the morning meal; however large groups of our population still prefer a few minutes of extra sleep to a nourishing breakfast. By noon, half the day's work is done, yet only a small portion of the daily nutritional requirement, especially protein, has been satisfied. There is no better way of meeting this requirement than by serving fish. It is a high-quality protein food abundantly supplied with vitamins and minerals."

He said that the new recipes are adaptable for an evening meal, for midday or midnight snacks, and for hot or cold weather.

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